



# *The Journal*



**US and EU showdown  
July 9 deadline (read below)**



## Capital One lounge café, a needed treat for travelers in U.S Airports



June 3<sup>rd</sup>, 2025 NY, NY: Written by Chris Dong and Katherine Fan: edited by Sarah Silbert .

Capital One Lounges allow travelers to unwind in comfort and quiet, away from the hubbub of the airport terminal. In addition to comfortable seating and delicious refreshments featuring local specialties, Capital One also offers a thoughtful benefit that other lounge networks do not: grab-and-go prepackaged food and drinks for travelers on a time crunch.

This guide explains how you can enjoy a Capital One airport lounge or culinary experience on your next flight, and how to get in the door — possibly for free — with one of the best Capital One credit cards.

### **What are Capital One Lounges?**

If you haven't heard of Capital One airport lounges, you aren't behind the times. For many years, American Express with its legendary Amex Centurion Lounges was the only player in the credit card airport lounge space. But that's changed recently. Capital One is a latecomer to the airport lounge game, but its debut was worth the wait. The issuer opened its first lounge in Dallas-Fort Worth International Airport (DFW) in 2021 to coincide with the launch of its premium credit card, the Capital One Venture X Rewards Credit Card. Over the next few years, you'll see both Capital One Lounges and Capital One Landings emerge in U.S. airports.

### **Capital One Lounges**

Since opening its first lounge in Dallas, Capital One has opened locations at Dulles International Airport (IAD), Denver International Airport (DEN), and Harry Reid International Airport (LAS) in Las Vegas. Another Capital One Lounge destination is coming to New York's John F. Kennedy International Airport (JFK).

### **Capital One Landings**

Capital One Landings are exclusive culinary concepts separate from the Capital One Lounge network — think fine dining and luxe cocktails from award-winning chefs and mixologists before your next flight.

Custom Oscartek cases as part of the lounge

The first Capital One Landing launched in Washington, D.C.'s Reagan National Airport (DCA) in late 2024, and a second will launch in NYC's LaGuardia International Airport (LGA) in 2025.

Walk-in seating is based on availability, although the Capital One Venture X and Venture X Business Card cardholders can reserve a table in advance via the Capital One mobile app. Reservations are not guaranteed after a 15-minute grace period.

Pro tip: Capital One isn't the only credit card issuer giving Amex some competition. Chase is also heavily investing in its proprietary Chase Sapphire Lounges. If you're interested in airport lounges beyond Capital One, read our guide to the best credit cards with airport lounge access.

**Where to find a Capital One Lounge.** You can find Capital One airport spaces at the following locations:

Capital One Lounge in Dallas-Fort Worth (DFW)

Capital One Lounge in Denver (DEN)

Capital One Lounge in Washington, D.C. (IAD)

Capital One Lounge in Las Vegas (LAS)

Capital One Landing in Washington, D.C. (DCA)

Capital One Lounge at Dallas-Fort Worth International Airport (DFW)

A greeter at the Capital One Lounge in Dallas-Fort Worth smiles at a traveler

The Capital One Lounge in Dallas was the first location in the network, opened in 2021 to coincide with the launch of the Capital One Venture X credit card. Capital One

The 10,000-square-foot Dallas lounge has floor-to-ceiling windows facing panoramic views of the runways and a stunning bar with a striking, curved hanging art piece that doubles as accent lighting.

### Features:

Grab-n-go section with pre-packaged sandwiches, salads, snacks, and spring water for travelers in a hurry

Work and relaxation spaces with high-speed Wi-Fi and charging stations at every seat (standard outlets, USB, and USB-C)

Two dimmable relaxation rooms with mood lighting and ceilings that mimic night constellations

Multi-faith room

Luggage lockers for stashing bulky baggage

Fitness room with yoga mats, resistance bands, and two Peloton bikes

Dedicated parents' room for travelers with young children

Four gender-neutral restrooms with soap, lotion, and bidets

Shower suite for a reset before your next flight (not available in all locations)

Buffet-style food featuring cuisine by local restaurant partners

Full bar featuring signature cocktails, local beers on draft, wine, and liquor

Capital One Lounge at Denver International Airport (DEN)

A greeter welcomes a passing traveler in green pants at the Denver Capital One Lounge.

Like most other Capital One Lounges, the Denver location offers complimentary prepackaged food and drinks travelers can take on their next flight . Capital One

The Denver Capital One Lounge features mountain-themed artwork in honor of its locale, along with food and beverage offerings from the area.

Travelers who are paying to access the lounge must check in at the front desk for entry and waitlist information. Capital One Venture X Rewards Credit Card and Capital One Venture X Business Card cardholders can join the waitlist by navigating to the Travel section of the Rewards and Benefits tab in the Capital One mobile app. From the Travel tab, tap on "Lounges" in the top-right corner and select the location you want to visit. You'll be able to quickly view the lounge capacity tracker in real time and hop on the digital waitlist if the facility is full. Once it's your turn for entry, you will be notified via text or email and can make your way to the lounge for entry.

You'll have a grace period to return and can communicate with lounge staff via in-app messaging to let them know if you're on your way, running late, have already entered the lounge, or no longer plan to visit.

Capital One Lounge amenities and perks Capital One has invested heavily in the overall design and traveler experience. Your lounge entry includes access to any amenities at your location, such as Peloton bikes and shower suites.

Relaxation and wellness Several Capital One Lounges are subdivided into "zones" for guests to relax, work, and even work on their fitness. Some feature nap pods, which can be particularly restful for travelers waiting out a connection between long flights. Depending on the location, you may find relaxation rooms for meditation or fitness spaces with exercise equipment. For example, the Dallas location offers space for cycling and yoga with mats, resistance bands, and two Peloton bikes. It also has a multi-faith room for prayer, meditation, and quiet reflection.

**Grab-and-go snacks** These lounges are also generous with their grab-and-go options, a convenient amenity that no other competitors offer. Items you can take with you include jarred salads, fresh sandwiches, and granola bowls. These eats are located near each lounge entrance for easy access.

**Caffeine** You can get your fill of caffeinated beverages from various coffees and teas.

**Capital One Lounge alternatives** Capital One is new on the scene, but it's debuted with a splash. For starters, it's the only lounge network in the credit card issuer space that allows anyone to pay their way in. For another point, the grab-and-go fridges at Capital One Lounges are a game-changer for time-pressed travelers. Here's what travelers across online community forums such as Reddit and Facebook say about Capital One Lounges and how they compare against the competition.

**Capital One vs. Amex Centurion Lounges** Amex Centurion Lounge enthusiasts are a loyal lot, and it's hard to beat a luxury brand that's been around for decades. That being said, many travel experts say they have been pleasantly surprised by how well Capital One holds its own. Travelers appreciate Capital One lounges for a fresh, relaxing atmosphere focused on restoration and wellness, including fitness options and shower suites. They also speak highly of Capital One's grab-and-go food and drink offerings, which make it easy for guests on tight schedules to get a healthy bite to eat on short notice.

However, Amex has Capital One beat on several fronts, including the number of locations. Amex has a global footprint of more than two dozen airport lounges, while Capital One is still fresh on the scene with just a handful of locations open so far. Seasoned travelers say they hold both Amex and Capital One lounge memberships to visit whichever location best suits their needs at the moment.

**Capital One vs. Chase Sapphire Lounges**

Capital One's food offerings blow Chase Sapphire Lounge dining out of the water. The two card issuers are going head-to-head launching new luxury airport lounges left and right, with similar offerings and amenities. But many travelers say the food from Capital One Lounges has truly impressed them, while Chase Sapphire Lounge dining leaves something to be desired.

Chase has more lounges open than Capital One at this time, so travelers have more opportunities to visit a Chase Sapphire Lounge at the moment. While both issuers have announced additional locations to come, Chase will probably beat out Capital One on the number of lounges available to travelers for some time yet. However, Capital One is smart to compete by elevating the guest experience above the norm.

**Capital One vs. Priority Pass**

Capital One Lounges offer a premium experience that surpasses that of many other competitors. But since Capital One only has a few locations open at this time, Priority Pass membership expands your access to global comfort with more than 1,300 airport lounges worldwide.

Priority Pass membership is complimentary for Capital One Venture X Rewards Credit Card and Capital One Venture X Business Card cardholders after they enroll in the benefit

**Refresh and recharge** Several Capital One Lounges also offer shower facilities available on a first-come, first-served basis with environment-friendly single-use toiletries. Individual-unit bathrooms are large enough to comfortably allow travelers to change: a welcome option for travel-weary guests.

**Work and productivity** Some Capital One Lounge locations offer individual desks and phone booths for taking work calls, as well as ample bar seating and communal worktable space. You'll also find plenty of charging stations, with both USB and standard three-prong outlets at every seat. There are no USB-C charging options.

**Family-friendly amenities** Many Capital One Lounges include space for parents with young children. Family rooms are typically quiet and separate from other lounge areas, and they feature nursing rooms and changing stations.

**Food and beverages** The main attraction of the Capital One Lounges may very well be the food and drink offerings. They offer a tapas-style menu of individually portioned gourmet bites. There is a strong emphasis on local ingredients and regional sourcing, and many travelers say that Capital One Lounge dining options match or surpass most other airport lounges. Drinks include a selection of craft cocktails on tap, a variety of spirits, mocktails, and what Capital One calls the "perfect airport beer."

# The US and EU are in a showdown over trade. What does Trump want and what can Europe offer?

By DAVID MCHUGH and PAUL WISEMAN

Updated 12:54 PM PDT, May 27, 2025

FRANKFURT, Germany (AP) — Top officials at the European Union's executive commission says they're pushing hard for a trade deal with the Trump administration to avoid a 50% tariff on imported goods. Trump had threatened to impose the tariffs on June 1, but has pushed back the deadline to July 9, repeating an oft-used tactic in his trade war.

European negotiators are contending with Trump's ever-changing and unpredictable tariff threats, but "still, they have to come up with something to hopefully pacify him," said Bruce Stokes, visiting senior fellow at the German Marshall Fund of the United States.

Stokes also sees more at play than just a disagreement over trade deficits. Trump's threats "are rooted in frustration with the EU that has little to do with trade," Stokes said. "He doesn't like the EU. He doesn't like Germany

One way to shift the trade in goods would be for Europe to buy more liquefied natural gas by ship from the U.S. To do so, the EU could cut off the remaining imports of Russian pipeline gas and LNG. The commission is preparing legislation to force an end to those purchases -- last year, some 19% of imports — by the end of 2027.

That would push European private companies to look for other sources of gas such as the U.S. However, the shift away from Russia is already in motion and that "has obviously not been enough to satisfy," said Laurent Ruseckas, a natural gas markets expert at S&P Global Commodities Insights Research. The commission doesn't buy gas itself but can use "moral suasion" to convince companies to turn to U.S. suppliers in coming years but "this is no silver bullet and nothing that can yield immediate results," said Simone Tagliapietra, an energy analyst at the Bruegel think tank in Brussels.

Europe could buy more from U.S. defense contractors as part of its effort to deter further aggression from Russia after the invasion of Ukraine, says Carsten Brzeski, global chief of macro at ING bank. If European countries did increase their overall defense spending — another of Trump's demands — their voters are likely to insist that the purchases go to defense contractors in Europe, not America, said Stokes of the German Marshall Fund. One way around that political obstacle would be for U.S. defense companies to build factories in Europe, but "that would take time," he said.

The EU could also reduce its 10% tax on foreign cars— one of Trump's long-standing grievances against Europe. "The United States is not going to export that many cars to Europe anyway ... The Germans would be most resistant, but I don't think they're terribly worried about competition from America," said Edward Alden, senior fellow at the Council on Foreign Relations. "That would be a symbolic victory for the president."

A beef over beef

The U.S. has long complained about European regulations on food and agricultural products that keep out hormone-raised beef and chickens washed with chlorine. But experts aren't expecting EU trade negotiators to offer any concessions at the bargaining table.

"The EU is unwilling to capitulate," said Mary Lovely, senior fellow at the Peterson Institute for International Economics. "The EU has repeatedly said it will not change its sanitary rules, its rules on (genetically modified) crops, its rules on chlorinated chickens, things that have been longtime irritants for the U.S."

Backing down on those issues, she said, would mean that "the U.S. gets to set food safety (standards) for Europe.' Value-added tax. One of Trump's pet peeves has been the value-added taxes used by European governments, a tax he says is a burden on US companies. Economists say this kind of tax, used by some 170 countries, is trade-neutral because it applies equally to imports and exports. A value-added tax, or VAT, is paid by the end purchaser at the cash register but differs from sales taxes in that it is calculated at each stage of the production process. In both cases, VAT and sales tax, imports and exports get the same treatment. The U.S. is an outlier in that it doesn't use VAT.

There's little chance countries will change their tax systems for Trump and the EU has ruled it out. Negotiating strategy Trump's approach to negotiations has involved threats of astronomical tariffs - up to 145% in the case of China - before striking a deal for far lower levels. In any case, however, the White House has taken the stance that it won't go below a 10% baseline. The threat of 50% for the EU is so high it means "an effective trade embargo," said Brzeski, since it would impose costs that would make it unprofitable to import goods or mean charging consumers prices so high the goods would be uncompetitive.

Because the knottiest issues dividing the EU and U.S. — food safety standards, the VAT, regulation of tech companies — are so difficult "it is impossible to imagine them being resolved by the deadline," Alden said. "Possibly what you could have — and Trump has shown he is willing to do this — is a very small deal" like the one he announced May 8 with the United Kingdom.

Economists Oliver Rakau and Nicola Nobile of Oxford Economics wrote in a commentary Monday that if imposed, the 50% tariffs would reduce the collective economy of the 20 countries that use the euro currency by up to 1% next year and slash business investment by more than 6%. The EU has offered the US a "zero for zero" outcome in which tariffs would be removed on both sides industrial goods including autos. Trump has dismissed that but EU officials have said it's still on the table. Lovely of the Peterson Institute sees the threats and bluster as Trump's way of negotiating. "In the short run, I don't think 50% is going to be our reality."

But she says Trump's strategy adds to the uncertainty around U.S. policy that is paralyzing business. "It suggests that the U.S. is an unreliable trading partner, that it operates on whim and not on rule of law," Lovely said. "Friend or foe, you're not going to be treated well by this administration."

Wiseman contributed to this report from Washington.



Oscartek.com / 512 south airport Blvd., South San Francisco, CA, 94080